

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

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**B498 - PEANUTS, ROASTED, RUNNER, UNSALTED, SHELLED
& GRANULES, #10**

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Roasted peanuts (shelled) unsalted, of the Runner variety. Peanut granules are chopped roasted peanuts.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 64 oz of peanuts or peanut granules. One #10 can AP yields about 12 cups peanut granules OR about 12 cups whole peanuts and provides about 64.0 1-oz servings nuts. CN Crediting: 1 oz peanuts provides 1 oz-equivalent meat/meat alternate. NOTE: Nuts and seeds may meet no more than 50 percent of the meat and meat alternate requirement for lunch/supper patterns in USDA's Child Nutrition Programs.
STORAGE	<ul style="list-style-type: none"> Store unopened peanuts in cool, dry place. Store opened peanuts covered in the refrigerator at 41 °F or below and use as soon as possible. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Ready to serve.



Nutrition Information

Peanuts, oil-roasted, without salt

	1 oz (28 g)	¼ cup (33 g)
Calories	165	193
Protein	7.47 g	8.76 g
Carbohydrate	5.36 g	6.29 g
Dietary Fiber	2.0 g	2.3 g
Sugars	1.18 g	1.38 g
Total Fat	13.98 g	16.39 g
Saturated Fat	1.94 g	2.28 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	0.52 mg	0.61 mg
Calcium	25 mg	29 mg
Sodium	2 mg	2 mg
Magnesium	52 mg	62 mg
Potassium	193 mg	227 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	1.96 mg	2.3 mg

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USES AND TIPS	<ul style="list-style-type: none"> Use roasted peanuts or peanut granules in granola bars and cereal; combine with raisins for a nutritious snack. Add roasted peanuts to muffins, cakes, and desserts or use in stuffing for chicken, turkey, or pork. Add to vegetable and rice dishes or use as a coating for chicken. Add to cookies and frostings or use as a garnish over casseroles, pudding, gelatin, or ice cream.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.